



# Chicken & Pesto Risoni

with Parmesan & Chargrilled Capsicum Relish

Grab your Meal Kit with this symbol



Green Beans



Risoni



Diced Chicken



Garlic & Herb Seasoning



Baby Spinach Leaves



Basil Pesto



Chargrilled Capsicum Relish



Grated Parmesan Cheese

Hands-on: 10-20 mins  
Ready in: 15-25 mins

Eat Me Early

Calorie Smart

It's a weeknight wonder, perfect for when you arrive home tired and ravenous but the cooking and cleaning fairies are nowhere to be found. The best thing with this dish – it's an all-round crowd pleaser, with no compromise on flavour and more importantly, minimal fuss!

### Pantry items

Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 bag (100g)	1 bag (200g)
risoni	1 packet	1 packet
diced chicken	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
basil pesto	1 packet (50g)	1 packet (100g)
chargrilled capsicum relish	½ packet (25g)	1 packet (50g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2426kJ (580Cal)	721kJ (172Cal)
Protein (g)	49.2g	14.6g
Fat, total (g)	22.9g	6.8g
- saturated (g)	5.4g	1.6g
Carbohydrate (g)	41.8g	12.4g
- sugars (g)	4.7g	1.4g
Sodium (mg)	865mg	257mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Boil the kettle. Trim and halve **green beans**.
- Half fill a medium saucepan with boiling water. Cook **risoni** in boiling water over a high heat until 'al dente', **7-8 minutes**.
- Drain, then return **risoni** to the pan and set aside.

**TIP:** 'Al dente' risoni is cooked through but still slightly firm in the centre.

3



## Bring it all together

- Add **chicken, green beans, baby spinach leaves, basil pesto, chargrilled capsicum relish** (see ingredients) and 1/2 the **grated Parmesan cheese** to the cooked **risoni**. Stir until combined, then season to taste.

2



## Cook the chicken & greens

- While risoni is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced chicken** and **green beans**, tossing occasionally, until browned and cooked through, **4-6 minutes**.
- In the last **1-2 minutes** of cook time, add **garlic & herb seasoning** and toss to coat.

4



## Serve up

- Divide chicken and pesto risoni between bowls.
- Sprinkle over remaining Parmesan cheese to serve.

## Enjoy!